



University of Victoria Retirees Association

January 2015

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University of Victoria Retirees Association

Grey Matters!



Finnerty Gardens — photo by Grant Hughes

Bits from the Board

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Happy New Year to all our readers.

Your Board has been moving along on several fronts since my last “Bits” ...

In response to a request from our UBC colleagues, Colin Scarfe conducted a small survey to try to find out how some of us continue to contribute to the University after retiring. Eight departments responded to questions on what fraction of those who retired in the past 10-15 years continued teaching and research (0.25), or receive research grants (0.1). UBC retired profs are pushing for greater recognition of these kinds of contributions in the form of a title (Research Professor Emeritus) and more tangible signs, such as the small research grants being offered by a couple of Deans at SFU. As our own efforts and those of our colleagues across the strait takes shape, we'll keep you posted.

On the insurance front, I've been reliably informed that our agreement with Johnson, which UBC-APE [<http://emeriti.ubc.ca>] adopted almost verbatim, may, with some variation, become the model for other post-secondary retiree associations in BC. The benefit of a larger pool of clients is greater stability, so it is growth that seems very positive.

(Continued on page 2)

Bits from the Board (continued from page 1)

A comparison chart of the respective benefits of the Pacific Blue Cross retirees policy and those of the UVRA-Johnson policy has recently been posted on our website. It was prepared, at our request, by a Johnson's consultant, and has been approved by UVic Human Resources.

The first offerings of the UVRA Elder Academy went off very successfully, with good attendance at the eight sessions on campus, and those held at the Yakimovich Wellness Centre on Hillside Avenue. Please watch for announcements of the next series, in your Inbox and on the website.

Likewise, Linda, Rashna, Jane and Kathy have organized some very well-attended events. The Christmas lunch was a sell-out, and Rashna's version of "pass the parcel" gave us an upper-body/mind workout, to earn some (dare we say "interesting"?) *objets d'art*.

The Viking exhibit at the Royal BC Museum was a double sell-out, and we expect the traditional Chinese New Year lunch to do the same. It's the Year of the Goat, with all of that animal's socially-responsible mythical attributes.

Our next Masterminds talks in April have now been confirmed (see the details in this issue). Our thanks to Geri van Gyn, who arranged them around an extended visit to her daughter in East Africa, and to our friends in the Centre on Aging [<http://www.uvic.ca/coag>] for once again looking after the logistics of this flagship series.

Speaking of COAG and of Board "moves", this one is literal: we are moving into a new office in their Centre (R Hut), at the invitation of the Director, Scott Hofer. He dropped the invitation on us while three of us were at a meeting with him to discuss our various shared activities and future aspirations. The move is likely to be later this month, or early next, and offers many advantages, not least the opportunity to work with the great people over there. More specifics when we have them.

On another literal "move-ment" – fitness – David has his usual item in this edition to encourage us to keep mobile.

And, although the jury is still deliberating on whether brain fitness actually does any long-term good, I'm adding occasional sorties into Lumosity [<http://www.lumosity.com>] to my now chronic lifelong addiction to crossword puzzles.

... Peter Liddell, President

Holiday Visitor



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While volunteering in Helmcken House at the Royal BC Museum during the holidays, I was fortunate to hear Christmas carols being played on our 1880 Mathusak piano in the living room of the house. To my surprise, it was UVRA member Margaret Sparks. While playing, a visitor from Québec City dropped in, and starting singing in French to Margaret's playing of Silent Night. This is such a great time of the year for families and strangers to come together. May 2015 bring you peace and goodwill.

... Kathy Harris

Event report: guided tour of the Viking Exhibit

The year's events were off to a grand start! Within two days of the email announcing the October 17 Viking exhibit tour at the Royal BC Museum, followed by lunch and a tour at the Legislature, we were "sold out".

Fortunately, our expert tour guide, Dr. Erin McGuire from the UVic Department of Anthropology, graciously agreed to an encore, and we arranged a second tour for the following week, October 24. Listening to her stories, UVRA members were transported into this mythical period in Scandinavian history, surrounded by a collection of over 500 Viking artifacts from the Swedish History Museum. We learned about Viking civilization, their religious beliefs (both the Norse gods and Christianity), the exquisite arts and crafts of the era, military and marine power, and the day-to-day lives of peasant farmers, aristocrats, and slaves.



Of all the fascinating objects, my personal favourite was this tiny, exquisitely decorated silver pendant cross, the oldest example of a crucifix in Sweden (Andersson, G., Vikings: Lives beyond the legends. Victoria, BC. Royal BC Museum. 2013. p. 31).

... Jane Milliken



UVRA members at the Royal BC Museum



Magnificent rotunda at the Legislature



Lunch with Dr. Erin McGuire at the Legislature

UVic Retirees contribute to a successful United Way Campaign

The UVRA members supported the UVic United Way campaign during the fall of 2014. Many thanks to all donors, as we have met our goal for the year, with over \$22,000 raised! This matches the amount raised in 2013, and shows the consistent dedication of our UVRA membership base.

Our contributions were combined with the campus-wide UVic campaign, which reached its goal of \$250,000. Donations will support many United Way agencies that serve the key priority areas:

1. All that kids can be;
2. From poverty to possibility;
3. Strong communities.

This year marked the first “electronic” campaign to reach our UVRA members by email, and then encourage participation in the United Way’s e-pledge system. There has been some feedback about the process, so we will look at how the system can be improved for next year.

If you have comments or suggestions, please feel free to email Grant Hughes, UVRA Representative on the UVic United Way Team: [gwhughe\(at\)uvic.ca](mailto:gwhughe(at)uvic.ca).

As part of the UVic United Way campaign, the UVRA was allocated one “prize” to be awarded to a member who had contributed to the 2014 campaign. I worked with the United Way team, and we have made the draw. So, the winner of a \$50 gift certificate to the Inn at Laurel Point waterfront restaurant is Marilyn Berry! Her name was selected by random draw from the pool of UVRA donors to the 2014 United Way campaign.

... Grant Hughes

University Club Report

A Happy New Year to all UVRA members, on behalf of the Management and Board of the University Club.

As well as their regular weekly specials, the University Club has several special events planned for the beginning of the year:

- Robbie Burns Luncheon: Friday, January 23, 11:30 am to 2 pm
- Family Night Chinese Buffet: Saturday, January 24, 5:30 pm: dinner, 6:30 pm: Victoria’s *Ocean Rain Chinese Dancers* perform (\$9.95 per child, \$19.95 per adult)
- Valentine’s Day Dinner and Dance: Special four-course menu (\$39.95)
- St. Patrick’s Day Celebration: Friday March 14 – featuring the Jocelyn Petit Band (\$39.95)

Weekly Specials:

- every Wednesday, enjoy a Buffet Lunch from 11:30 to 2 pm
- Prime Rib every Saturday from 5 to 8 pm, \$29.95.
- the Chef’s *Prix Fixé* three-course dinner for only \$19.95 – Monday through Saturday

For full details of these and other events, please check the University Club’s website: [<club.uvic.ca>](http://club.uvic.ca)

... David Leeming

Physical Activity and Wellness Corner #18

To stretch or not to stretch?

If you have taken an exercise class in the last 10 years, you will have probably noticed that most instructors do not warm-up with **static** stretching, as this is considered not an effective way to prepare the body and muscles for physical activity or even improve flexibility. Rather, most instructors will start with a general warm-up of large muscle activities, such as gentle running or walking. If you are in a gym, you can use the treadmill, ride the stationary bike, or row on a machine for 5-10 minutes to increase muscle or core temperature. A good warm-up usually results in a slight sweat. This is followed by **dynamic** stretching exercises, such as leg and arm swings, trunk rotations, or even stretches that are not held, but take the limb through the full range of motion. Athletes will usually go through the actual movements in their sport at low intensity, gradually building until they are moving at game pace. Such an approach serves to prepare the athlete physically and mentally for the game. Now, most fitness instructors follow similar warm-up protocols. If you are working out in the gym, you can follow the general warm-up approach, but for each exercise you may wish to start with 6-8 repetitions of a lower weight (about 50% of what you plan on lifting) before lifting the planned weight.

Static stretching is usually performed at the end of the training session to help recovery. Also, this is a good time to work on increasing your flexibility. There are a number of ways to do static stretches. The most common technique is to take a muscle to the end of its range of motion, and hold that position for 30-60 seconds. During this time, you may wish to gradually increase the stretch 2-3 times as the muscle relaxes. It is recommended that you stretch all body joints/muscles on a regular basis, to maintain mobility. Flexibility is certainly something we lose as we get older, but we can increase or regain flexibility at any age. Most health professionals advocate maintaining or increasing flexibility, which helps us perform daily tasks more easily, relieves tension, helps circulation, and may decrease the risk of injury. I found a clearly laid-out, easy to navigate, website: www.stretching-exercises-guide.com that I think will be very helpful if you wish to learn more about the different types of static stretching, such as passive stretching and PNF (proprioceptive neuromuscular facilitation), as well as providing lots of examples of stretching exercises for all parts of the body. Check it out!

It is important to keep joints moving, because this stimulates the production of the body's natural lubricant for joints. This is especially true for those people with stiff and arthritic joints. For people with joint problems, water exercises are an excellent way of maintaining joint mobility, because they allow movement with some physical support (including body weight), and the water provides mild hydrotherapeutic effects and resistance to help strengthen the muscles. Most recreation centres offer a variety of water-based exercise programs, often directed at specific medical conditions, and are definitely worth investigating.

So the answer to the question of "to stretch or not to stretch" is "yes", but be aware of how and when to use the appropriate type of stretching. If you wish to increase flexibility, it is best to do static stretching after the muscles have been thoroughly warmed up. And keep those joints well-lubricated through mobilizing exercises.

Stay tuned -- I am still planning on putting the Theraband exercises on our website. I am also planning to offer a workshop as part of the UVic Elder Academy on the use of Therabands. So, watch for more information when this will be offered.

All the best for 2015. Stay active, stay healthy!

... David Docherty <angdave(at)telus.net>

UVic Elder Academy becomes a reality!

As most of our members know, the UVic Elder Academy is an initiative of the UVic Retirees Association that we have been working on for the last three years. The intent of the Elder Academy is *"to provide an opportunity under the auspices of the University for those aged 55+ to participate in life-long learning opportunities to enhance intellectual stimulation, health, and general well-being, and to provide related research and teaching opportunities for the University"*.

In past few months the UVRA, in collaboration with Elder Care, managed to launch the UVic Elder Academy with two short courses (4 sessions each) on campus and three presentations at the Yakimovich Centre on Hillside avenue. The response has been very encouraging, with 30 people attending each of the short courses, and 50-60 attending the presentations at the Centre. Feedback we have received has been very positive. Clearly, there is a demand for providing intellectually stimulating experiences for older adults. Motivated by the success of our first attempts, we are planning on offering several short courses and presentations in February and March 2015, leading to the annual Masterminds series in April. We will be releasing information on these presentations as soon as they are confirmed.

We have established a program committee, and are looking for retirees interested in being a presenter as part of the UVic Elder Academy. The goal is to offer a variety of topics as part of the UVic Elder Academy. So, if you have an area of expertise you would like share, or need more information in regard to what is involved, please contact me. There is no doubt that the "UVic" brand creates a lot of credibility in the community, and that information based on research has a lot of appeal. From my perspective, we spend many years acquiring knowledge, but once we retire, much of this information becomes locked-up. The UVic Elder Academy provides the opportunity to continue to share what we have learned, and reinforces retirees as a valuable resource for UVic and the broader community.

David Docherty <angdave(at)telus.net>
Chair, UVic Elder Academy Program Committee

New UVRA members

Adam Zielinski — Electrical & Computer Engineering
Arlene Tulloch — Library
Barb Whittington — Social Work
Eleanore Blaskovich — Biology
Eric Rotgans — Co-op & Career Services
Evelyn Cobley — English
Gale Arndt — (UBC)
Gordon Barnes — Child & Youth Care
Gregory Blue — History
Jane Guy — Computer Science
John Esling — Linguistics
John Oleson — Greek and Roman Studies
Jon Muzio — Computer Science
Judith MacQuarrie — Academic Advising
Kathleen McKechnie — Biochemistry & Microbiology
Laurain Mills — Psychology
Neil Campbell — Law Librarian
Reinhard Illner — Mathematics & Statistics
Richard Mimick — Continuing Studies
Scott Summerfeldt — Network Services
Wendy Darby — Occupational Health, Safety & Environment
William Graham — (University of Toronto)

Masterminds lecture series: Language, Music, Political Philosophy, and Climate Change

In April 2015, the UVic and Victoria communities will have the opportunity to hear from a remarkable group of retired “masterminds”, each of whom has had an impressive career in academia, and has influenced local, national, and international communities.

John Esling is a world-renowned linguist and phonetician, also known for his engaging and entertaining explanations of the world of language. His research on speech production has advanced the understanding of how we produce and learn languages.

James Tully is recognized as one of the leading political theorists in the world, and has influenced the disciplines of politics, law, philosophy, and indigenous governance. One of his career goals was to develop a “genuinely Canadian philosophy”, so that Canadians can be supported in their consideration of complex social issues, such as multicultural and multinational citizenship.

Mary Kennedy, Eugene Dowling, and Ian McDougall — all are experts in a particular area of the music world, and will join forces to talk about the influence of music on our lives. Mary Kennedy is widely acknowledged for her important work in music education. She has led the UVic Philomena Women’s Choir on a very successful international tour. Eugene Dowling is a Juno-nominated tuba performer and outstanding teacher in the School of Music. Ian McDougall, the quintessential jazz trombone performer, taught trombone, composition, and jazz studies in the School of Music. He is a Juno-award winner. Numerous high profile musicians have played Ian’s compositions. Still on tour internationally, Ian is in demand as a performer, composer, and music director.

Mary Sanseverino is an award-winning teacher in the area of computer science. Her interest in photography and her enthusiasm for and participation in the “great outdoors”, as a cyclist and hiker, has fuelled her passion for climate change and its impact on the environment.

The Masterminds Lecture Series is scheduled for Wednesday evenings in April (April 8, 15, 22, and 29) at 7 pm in the Hickman Lecture Theatre, Harry Hickman Building, at UVic. Advanced bookings for these lectures will be available through the UVic Centre on Aging (COAG). Details on the lecture topics and contact numbers will be made available in February.

... Geraldine van Gyn

Upcoming events

The UVRA Events Committee has organized several events for members to enjoy.

January 2015



Movie: Reaching Blue

Date: Friday, January 16, 2015

Time: 2:30 to 4:30 p.m.

Place: David Strong Building, Room C116 or C126 (limited seating of 70)

Cost: No charge, by registration only.

Q&A: Andy Robertson, or his colleague, will be present to answer any questions about the presentation.

Reaching Blue is a new documentary from the Salish Sea, on Canada's Pacific Coast, produced and directed by Andy Robertson and Ian Hinkle. The film features Ocean Networks Canada, Dr. Kate Moran, and the role of research and technology in understanding our changing oceans. From John Steinbeck's old research vessel the *Western Flyer* to residents of coastal communities facing changes head on, *Reaching Blue* demonstrates how each of us are connected to the ocean, and the importance of ocean research as we move forward.

February 2015



Event: Chinese New Year Luncheon

Date: Tuesday, February 24, 2015

Time: 12:30 to 3:30 pm

Location: Don Mee Seafood Restaurant - 538 Fisgard Street

Cost: \$27.00 per person, includes all taxes & gratuities.

Registration deadline: February 19, 2015. Limit 50 people.

Help celebrate the **Year of the Wood Sheep (goat) in the Chinese zodiac**. Learn what makes us seem like animals or why animals act like us! John Adams will give us some interesting and humorous background to the 12 animals of the zodiac.

(Continued on page 9)

Upcoming events (continued)

March 2015



Tour: Pearson College UWC

Date: Thursday, March 19, 2015.

Arrive at 10:15am

Lunch: buffet lunch included in cafeteria.
Advise us if you have any dietary restrictions.

Cost: \$20 per person

Registration deadline: March 13, 2015

Limit 40 people. Further instructions will be sent prior to the event via email or telephone (if no email).

Pearson College UWC (United World Colleges) is a two-year International Baccalaureate school (Grade 12 and Gap Year) for up to 200 students from over 100 countries, who live, study and grow together at the edge of the western world. We believe that education is a force to unite people, nations and cultures for peace and a sustainable future. Our education is transformational.

P.S. Tickets for Pearson College's annual *One World* show (Saturday, March 7) are now on sale. See their web-site: www.PearsonCollege.ca for details.

April 2015

This year, National Volunteer Week 2015 takes place April 12-18. In that week, the UVRA recognizes members who have dedicated their time and talents to ensure that your Association runs smoothly, with office help to executive board, and various committee organizers and members. Please help us out with any of our projects, committees, or in the office for two hours (or more?) per month.

May 2015

First Nations House on campus. Details to be announced.



.. Your Events Committee: Linda, Jane, Rashna, and Kathy

Editor's marginal note: when was the last time that you clicked on the "Travel Tips" button on the UVRA web-site?

Report on the tour of the Empress Hotel

On November 13th 2014, UVRA members and friends enjoyed a tour of the Empress Hotel, guided by Mandy Kray of *WalkAbouts Historical Tours*.



She was dressed as a lady of the Victorian era would have dressed to visit the Empress Hotel early in the 20th century.

It was obvious that she loves the Empress, and sharing her knowledge of its history, including the life of the architect, Francis Rattenbury.



We visited several areas of the hotel, including a beautiful suite overlooking the Inner Harbour, and heard many interesting stories along the way.

After completing the tour, the group walked to the Spaghetti Factory for lunch.

... Linda Metters

Report on the Christmas luncheon



The Christmas Luncheon at the University Club was a great success.

The food was scrumptious and the desserts absolutely delightful.

The 'Twas the Night Before Christmas Pass-Around Gift Exchange was enjoyed by all.

... Rashna Charania